



# Nutrition and Mental Health

Research the connection between nutrition and mental health.  
Consider:

- When was the link between nutrition and mental health first discovered? By who?
- Trace the discovery of various vitamins and the effect this information has had on mental health care.
- How has this general understanding changed the food industry?
- How has nutrition therapy been used to treat different serious mental health disorders like depression, schizophrenia, and psychosis? By who? What were the results?
- How is nutrition therapy viewed in the mental health care world today? Why?

Write an information paper about the history of using nutrition to treat mental illness. Conclude your paper with your thoughts on the implications of what you have learned for the future of both preventing illness and for the future of mental health care.